

Attachment 1

Table 1. Americans' Average Sodium Consumption, 1971–74 to 1999–2000 (Dietary-recall Surveys)

Survey	Males (M) sodium, calories	Females (F) sodium, calories	Sodium (M+F)	Calories (M+F)	Sodium/ Calorie Ratio (M + F)
NHANES 1971–74 ages 1–74	sodium: 2,701	sodium: 1,850	2,262	1,989	1.14
NHANES II 1976–80 6 mo.–74 y	sodium: 3,340 calories: 2,381 ratio: 1.40	sodium: 2,298 calories: 1578 ratio: 1.46	2,819*	1,980*	1.42*
CSFII 1985 19–50 y	sodium: 3,635 calories: 2,560 ratio: 1.42	sodium: 2,576 calories: 1,661 ratio: 1.55	3,105*	2,110*	1.47
NFCS 1987–88 20+ y	sodium: 3,743 calories: 2,154	sodium: 2,451 calories: 1,497	2,974	1,785	1.67
CSFII 1989–91 20+ y	sodium: 3,891 calories: 2,213	sodium: 2,489 calories: 1,656	3,074	1,839	1.67
NHANES III 1988–94 all ages	sodium: 4,027 calories: 2,517	sodium: 2,864 calories: 1,764	3,427	2,129	1.61
CSFII 1994–96 20+ y	sodium: 4,074 calories: 2,455	sodium: 2,752 calories: 1,646	3,271	2,002	1.63
NHANES IV 1999–2000 all ages	sodium: 3,877 calories: 2,475	sodium: 2,896 calories: 1,833	3,375 (mean)	2,146	1.57

* Calculated average of males and females.

Sources: USDA's National Food Consumption Survey and Continuing Studies of Food Intakes of Individuals; HHS's National Health and Nutrition Examination Surveys. The data do not include salt added at the table.